



## Paradise Kindergarten

### Hot Weather Policy

#### Rationale

Paradise Kindergarten promotes the safety of children and adults by ensuring the requirements of the National Quality Standards are met;

*2.3.2 Reasonable steps are taken to identify and manage risks, and every reasonable precaution is taken to protect children from harm and hazards*

- *The service will provide a comfortable and safe environment for children*
- *Heating and cooling equipment provided to maintain a comfortable temperature for children*
- *Sun protection/advice from the Cancer Council. (also see Skin Protection Policy)*

It aligns with the kindergarten's Healthy Food and Nutrition Policy, Australia Early Years Learning Framework (EYLF) and DECD Wellbeing strategy.

This Hot Weather Policy aligns with the Skin Protection Policy active from 1 September until 30 April each year.

This policy recognises that children are at greater risk of suffering from heat illness than adults. A child's ability to respond to environmental heat and acclimatise to heat is due to physiological differences.

"Children sweat less and get less evaporative cooling than adults. In warm and hot weather they have greater difficulty getting rid of heat; they look flushed, and feel hotter and more stressed than adults"

Source "Sports Medicine Australia", refer to:

[www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf](http://www.sma.org.au/wp-content/uploads/2009/05/beat-the-heat-2008-email-version.pdf)

#### Strategies to reduce the risk of heat illness in younger children:

##### 1) Shade

- Activities conducted in periods of hot weather are to be undertaken in the shaded
- Areas of the Kindergarten, e.g. shade structure over climbing, sandpit, pergola, shade trees, umbrellas and tents erected as needed.

##### 2) Drinks

- Parents are encouraged to provide cooled water in insulated water flasks.
- If child has no water bottle, staff will provide a clean one from the kitchen.
- Children are encouraged to drink water frequently e.g. at fruit time, with lunch and every time the bell rings to come inside. They get into the routine of "Putting their hat in their bag and getting a drink"
- Children are to ask staff to refill water bottles.

##### 3) Clothing

- Parents are to be encouraged to dress children in clothing that minimises heat gain, in layers that can be easily removed during activity and of a type that is
- sunsafe, e.g. collars, short sleeves

Refer [www.arpana.gov.au/radiationprotection/factsheets/is\\_UVProtection.cfm](http://www.arpana.gov.au/radiationprotection/factsheets/is_UVProtection.cfm)

##### 4) Hats

- Children are required to wear broad brimmed, legionnaire or bucket hat (with brim >5cm) when UV is 3 or more.

- No hat = no outdoor play

#### 5) Lunch

- Parents are encouraged to pack food in insulated containers with a freezer brick or frozen water.
- Lunch bags are placed on a shelf on the verandah.

#### 6) Activities

- Children are encouraged to play with varied forms of safe water play.
- Running games are restricted on hot days.
- "Chill" and down-time activities are provided inside after outside play.

#### 7) Cooling

- The **evaporative air conditioner** will be switched on as needed by staff.
- Windows are opened onto the verandah to facilitate airflow.
- Fans are to be used as necessary to provide additional air movement.

#### 8) The verandah

- This is cooled by the air conditioner and fans. Staff will adjust shades on the windows to prevent excessive glare and heat as required.

#### 9) Very hot days

- The centre operates regardless of the temperature.
- Parents may choose to keep children home or pick them up early on excessively hot days.

#### **Staff at Paradise Kindergarten:**

- Will model, implement and reinforce the hot weather policy, incorporating it into the curriculum and daily routines.

*This Policy will be shared with all new staff and families, and available to view in the Preschool Policies Booklet and on the Preschool Website.*

*Enrolled families will be asked to confirm they are aware of this Policy by signing the Information & Consents Form at the time of enrolment.*

*Endorsed and Ratified by Staff and Governing Council 2012. Reviewed 2016*